

# January 2006 Calendar

## *On-Going Activities This Month:*

<b><u>Monday Activities</u></b>	<b><u>Tuesday Activities</u></b>	<b><u>Wednesday Activities</u></b>	<b><u>Thursday Activities</u></b>	<b><u>Friday Activities</u></b>
11-1:00: SSC Club 11:30: Whist 12:30: Bridge	9-10:00: Beginner's Mat Pilates 10am: Senior Line Dance* 10-12:00: Indepen. Artists Noon: Painting with Elaine 12:30: Duplicate Bridge 1:00: Scrabble	9:30: Fitness & Nutrition* 11:00 Yoga 12-1:00pm: BP/Weight Screen 12:30: Bridge 1:00: Canasta, 1-3:00: Whist 1-2:00: Pilates 2:15-3:15: Chair Pilates	9:00: Men's Friend's Club 10:00: Painting* 1:00: Pitch 1:00: Scrabble	10:00: Writer's Workshop 10:00: Cribbage 1:00: Mahjong 1- 3:00: Busy Hands

## *Special Activities This Month, Entrée of the Day*



**PLEASE NOTE:** All *special* monthly activities, meetings and screenings *appear below*. Call the Senior Center at 508-841-8640 to sign up for screenings, clinics and special events.

The entrée at the Village Café is listed each day. Please call the Café Office in advance at 508-841-8757 by the business morning before (at the latest) to reserve your seat.

2 New Year's Holiday observed! All Municipal Offices closed	3 Van Trip: Millbury Plaza Beef Burgundy	4 New England Clam Chowder	5 Chicken Fricassee	6 Hot Dog & Baked Beans
9 Garden Swiss Steak	10Van Trip: Solomon Pond 10am: Spinal Screening 1pm: Hearing Screening Chicken Mornay	11 8-noon: Cholesterol & Blood Sugar Screening 9-noon COA Meeting Beefy Ziti Bake	12 Italian Sausage	13 10:30am 4M Talk: Mentally Healthy Pork Stir Fry
16 Martin Luther King, Jr. Day! All Municipal Offices closed	17 *(No Line Dancing Today) Van Trip: Westmeadow Plaza 1:00: Friends Inc. Meeting Pork & Gravy	18 10:30 Stress Management 11:30 Reiki Teriyaki Chicken	19 Salmon Boat	20 10am: Free Legal Clinic with Atty. Nick Kaltsas 10am Tax Options Talk Shepherd's Pie
23 Vegetable Lasagna	24 Van Trip: Auburn Mall Chicken Cantonese	25 Roast Turkey	26 Veal Parmesan	27 9:am:Nwslttr Mailing 9-10:30: Rep. Polito Office Hours 11-noon: Augustus Office Hrs 11:30: Lunch & Movie Meatballs/ Spanish Sauce
30 Buttermilk Chicken	31 Trip: White City Plaza Seafood Newburg	Happy New Year! Please Note: PARKS/REC activities are indicated with an (*). Line Dancing, Fitness and Nutrition and Painting are PARKS/REC activities. Participants must register at the Parks Department at 508-841-8503. Classes start at the beginning of the month, but registration I on-going.		